



UCOOK

Apple-cranberry Pork

with sweet potato, brandy & fresh salad leaves


Tender pork is topped with a delicious apple & cranberry filling cooked in brandy and drizzled with sage butter sauce. Served alongside roasted sweet potato chunks and a mustardy walnut & dried cranberry salad. This dish is fun to make and amazing to eat!


Hands-on Time: 50 minutes

Overall Time: 60 minutes

Serves: 4 People

Chef: Megan Bure

 Adventurous Foodie

 Alvi's Drift | Reserve Muscat Nectarinia
Dessert Wine

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

| | |
|------|--|
| 1kg | Sweet Potato Chunks <i>cut into bite-sized pieces</i> |
| 2 | Onions <i>peeled & finely diced</i> |
| 4 | Garlic Cloves <i>peeled & grated</i> |
| 4 | Apples <i>peeled (optional), cored & finely diced</i> |
| 60ml | Wholegrain Mustard |
| 2 | Lemons <i>zested & cut into wedges</i> |
| 40ml | Brandy |
| 120g | Dried Cranberries <i>roughly chopped</i> |
| 80g | Walnuts <i>roughly chopped</i> |
| 640g | Pork Neck Steak |
| 15g | Fresh Sage <i>rinsed, picked & dried</i> |
| 80g | Salad Leaves <i>rinsed & roughly shredded</i> |

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter

1. READY THE ROAST Preheat the oven to 200°C. Boil the kettle. Spread out the sweet potato pieces on a roasting tray, coat in oil, and season. Roast in the hot oven for 35-40 minutes until cooked through, shifting halfway.

2. FAB FILLING Place a pan over a medium heat with a drizzle of oil and a knob of butter. When hot, add the diced onion and fry for 4-5 minutes until soft, shifting occasionally. Add the grated garlic and fry for 1-2 minutes until fragrant, shifting constantly. Add the chopped apple, $\frac{3}{4}$ of the mustard, a squeeze of lemon juice, and the lemon zest. Cook for 10-15 minutes until the apple is soft. Add the brandy and simmer for 2-3 minutes until almost evaporated. Add $\frac{1}{2}$ the dried cranberries and $\frac{1}{2}$ the chopped walnuts. Mix until combined and season.

3. PORK NECK Pat the pork neck steak dry and season. Place a pan over medium-high heat with a drizzle of oil. When hot, cook the pork for 4-6 minutes per side, depending on the thickness, or until cooked through and golden. Remove from the pan and rest for 5 minutes. Thickly slice before serving, and lightly season.

4. SAGE & SALAD Return the pan to a medium-high heat with 120g of butter. Once foaming, add the rinsed sage leaves. Fry for 1-2 minutes until the leaves are crispy. In a salad bowl, combine the rinsed salad leaves, the remaining mustard, walnuts & cranberries, a squeeze of lemon juice, a drizzle of oil, and some seasoning.

5. YUM! Plate up the pork slices and top with the apple mixture. Drizzle over the sage butter. Side with the roasted sweet potato and the walnut salad. Serve any remaining filling and lemon wedges on the side.



Chef's Tip

If you have an air fryer, why not use it to cook the sweet potato? Coat in oil, season, and pop in the air fryer at 200°C. Cook for 15-25 minutes or until cooked through and crispy.

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 544kj |
| Energy | 130kcal |
| Protein | 4.8g |
| Carbs | 14g |
| of which sugars | 5.5g |
| Fibre | 2.9g |
| Fat | 5.9g |
| of which saturated | 1.5g |
| Sodium | 57mg |

Allergens

Dairy, Allium, Sulphites, Tree Nuts, Alcohol

Cook
within 2
Days